

Norfolk Naval Shipyard

Fitness Programs

On-Going Programs and Special Events

Sports Massage:

- Tuesdays, 3, 10, 24 July from 10:00 am – 12:00 pm
- Wednesday, 18 July from 3:30 pm – 5:30 pm

Body Fat Testing:

- Thursday 12 July from 8:00 am – 12:00 pm and 1:00 pm – 4:00 pm.
Loose workout attire is required. Shorts are preferred. Do not exercise prior to testing.

PACEATHON:

- Saturday, 2 July from 10:15 am – 11:15 am. Emphasis is on lower body sculpting and abdominal work.

Cardio-Sculpt Aerobathon

- Saturday, 21 July from 10:15 am – 11:45 am. Step aerobics with intervals of upper body sculpting followed by abdominal work.

Strong Man Contest

- NNSY's Callaghan Gym presents the 3rd Annual Strong Man contest on Thursday, 3 May. The 3 events are: Bench Press, Leg Press, and Arm Curl. All events are for 1 repetition. Divisions: **Men's Open** - up to 180 lbs., **Men's Open** – 180 lbs. and Over, and **Women's Open**. Sculptured trophies will be awarded to the 1st – 5th place finishers and a 4-tiered sculptured trophy will be awarded to the overall winner. Pound for pound formula will be used for all divisions. Sign-ups/Weigh-ins will be held from 6:00 – 6:45 pm with competition beginning at 7:00 pm. Entry fee is \$8 for Active Duty, Reservists, Retirees, and Dependents over 18 years of age. \$10 for DoD Civilian members.

Santa's Goodwill Run

- Wednesday, 4 December. Run begins at 11:30 am. This is a 1.5 mile run starting at the Callaghan Center at NNSY. A free T-shirt will be awarded to the first 20 participants. All participants are asked to bring 5 canned goods for the holiday Joy Fund donation. Plaques will be awarded to the 1st, 2nd, and 3rd place runners.

Bench Press Contest

- Tuesday, 29 February. This 1-rep max contest will be held at the Callaghan Center at NNSY. Sign-ups and weigh-ins begin at 6:15 pm and the contest begins at 7:00 pm. There is a \$5 entry fee for all active duty military, retirees, reservist and dependents over the age of 18. The fee is \$7 for all Civilian MWR members. Divisions are as follows: 139 and under, 140-154, 155-169, 170-184, 185-199, 200-214, 215-229, and 230 & over. The Schuartz formula will be used to determine the overall winner and divisional

winners. Trophies for the 1st, 2nd, and 3rd place in each division. The first 40 who enter will receive a free T-shirt.

Incentive Programs

- **NFL Cardio Bowl** – Score points by doing your favorite cardio/aerobic activity, representing your favorite NFL team. Reach the playoffs and make it to the Superbowl! T-shirts will be awarded to all who participate to the end of the season. Sweatshirts will be awarded to all divisional winners. The Superbowl winner receives an official team souvenir pack. Sign-ups are taken at anytime during the fitness center hours.
- **NASCAR Cardio Cup** – Accumulate laps by doing your favorite cardio/aerobic activity. Make it to the top twenty to qualify for the Cardio Cup 500 and try to become the Cardio Cup Champion! T-shirts will be awarded to all who participate at the end of the season and sweatshirts will be given to the top 5 cardio cup qualifiers. The Cardio Cup Champion will receive an official NASCAR driver souvenir pack. Sign up anytime during fitness center hours.
- **300 LB. Bench Press Club** – Bench Press 300 lbs. and your name goes on the wall plus you get a 300 lb. Bench Press Club T-shirt. There is a \$5 registration fee.

Group Exercise Schedule of Classes

DAY	CLASS	TIME	LOCATION
<i>Monday</i>	Low Impact/Cardio-Kickboxing	11:00 am – 12:00 noon	NNSY Fitness Center
	Low Impact/Cardio-Kickboxing	5:00 pm – 6:00 pm	NNSY Fitness Center
<i>Tuesday</i>	Step Aerobics	11:00am – 12:00 noon	NNSY Fitness Center
	Step Aerobics	5:00 – 6:00 pm	NNSY Fitness Center
<i>Wednesday</i>	Low Impact/Cardio Box/or Cross-Training	11:00am – 12:00 noon	NNSY Fitness Center
	Low Impact/Cardio Box/or Cross-Training	5:00 – 6:00 pm	NNSY Fitness Center
<i>Thursday</i>	Step Cross	11:00am – 12:00 noon	NNSY Fitness Center
	Step Cross	5:00 – 6:00 pm	NNSY Fitness Center
<i>Friday</i>	Instructor Choice	11:00am – 12:00 noon	NNSY Fitness Center
	Instructor Choice	5:00 – 6:00 pm	NNSY Fitness Center